



**Condors lose a close one**  
Women's soccer team loses by a goal to the Mohawk Mountaineers.

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# SPOKE

A learning newsroom for journalism students

**Blood donor clinic at residence**

Third annual memorial clinic to be held on Oct. 17.

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**A home away from home**

Pairing up an international student with a local family can ease the transition.

News 11

Monday, October 15, 2007

Conestoga College, Kitchener, Ont.

www.conestogac.on.ca/spoke

39th Year — No. 20

## Oktoberfest parade draws huge crowd

By CHRISTOPHER MILLS

Since 1974, Onkel Hans has been the face of Oktoberfest in Kitchener. This year was no exception as the loveable, orange German ushered in the 33rd edition of the popular festival.

Oktoberfest began in 1810 as a celebration for the wedding of King Ludwig I of Bavaria, and came to Kitchener in 1969. A small celebration of the festival at the Concordia Club inspired a city-wide festival to celebrate Kitchener's rich German heritage. Today, Kitchener's Oktoberfest festival draws more than 750,000 people annually, bested only by the original in Munich, Germany.

Although popular for its festhalls and beer-inspired celebrations, one of the centerpieces of the festival is the annual Oktoberfest Thanksgiving Day parade, broadcast nationally on CTV to more than 1.3 million viewers, and even attracting upwards of 300,000 along the parade route in years past.

"We've had it for years," said Ruth Anne Moyer of Guelph. "It is very important that we keep it up."

Siblings Kyle Goodyear and Kelly Goodyear-Dubien of Kitchener also expressed the parade's importance.

"It's very good for local businesses," she said. "I used to march as a kid too, so it's good to see it later on." Goodyear-Dubien was a member of the Dutch Boy Cadets in her younger years.

"(The group) was much bigger back then," she said. "It used to take up a whole block."

"(The parade) also keeps you close with family," added Goodyear.



And there was no shortage of families this year, with crowds as deep as 10 lining King Street, from Erb Street in Waterloo to Frederick Street in Kitchener, a five-kilometre stretch. The sky was clear and despite the uncharacteristic October heat and humidity, the crowd was right into it.

"This is the first year we've seen it live," Marilyn Hallam of Kitchener said. "We're glad we came."

"We usually watch it on TV," her husband Ken added. "We won't be watching it on TV anymore."

Led by Onkel Hans, the parade featured appearances by Kitchener Mayor Carl Zehr, Waterloo Mayor Brenda Halloran, appearing in her first Thanksgiving Day parade, and newly-crowned Miss Oktoberfest Nicole Stuber. Canada's Next Top Model winner, Rebecca Hardy, was in attendance as well, smiling proudly and waving to the applauding crowds.

But as usual, the parade was highlighted by an assortment of bands, representing a wide range of ethnic groups, organizations and musical tastes.

The organizers closed out the

parade with the bagpipe marching band, perhaps attempting to save the best for last.

"Overall, it has to be the bands," Harry Moyer said when asked what his favourite part was.

"The pipe bands have got to be my favourite," Ruth Anne Moyer said. "I love a pipe band."

"The bagpipes," Goodyear and Goodyear-Dubien said in unison when asked the same question.

And how about their young niece, Drew Churchill?

"The bagpipes," she said, nodding.

"It must run in the family," said Goodyear with a laugh.

Were there any other favourite attractions at this year's parade?

"The horses," Marilyn Hallam said. "I'm an animal lover. But it's all great."

Some, like Kitchener's Meghan Dieterle, found joy in even simpler pleasures.

"The parade was great," she said. "The best part was the (hot) pretzels."

The importance of Thanksgiving was not lost in the festivities for these patrons, but rather reinforced by them.

"It's a time to get together with family," Goodyear-Dubien said.

"I haven't seen mine enough," Goodyear added.

But perhaps the meaning of the day was best summed up by Marilyn Hallam.

"I think, especially today, we think of all the blessings in our lives," she said. "There's no guns or people dying, at least not like in other countries. We can walk around here and feel safe."

See Pages 8 and 9 for photos



(Photo by Charlotte Prong Parkhill)

### Scare up some costume ideas

An army girl, a pimp, a Viking warrior princess and Little Bo Peep are just a few of the over 1,500 costumes available at The Costume Shop in Cambridge. With Halloween just 16 days away, students should be looking for costumes now to ensure the best selection. See story on Page 5.

## Alumni services has lots to offer graduates

BY FRANCA MAIO

If you are going to graduate next year, make sure you take advantage of all that alumni services has to offer.

The organization provides many services which can help alumni save money and even generate an income.

Mary Wright, manager of alumni services, said Conestoga graduates can still access some of the services provided at the college, including those provided by career services. There, graduates can receive ongoing assistance with job searches, creating a resume or preparing for an interview.

There are also other opportunities graduates can take advantage of.

"The career fairs and job fairs that are operated are open to students and grads all the time," she said, adding, "Both the on-campus fairs and the ones that are held at RIM Park."

Wright said the way alumni services keeps in touch with graduates is through a bi-annual magazine called Connections. It comes out in January and June.

"We provide support to any classes that want to run a reunion," she said.

Most of the reunions are held on the landmark years, five, 10, 15 or 20 years since graduation.

The alumni association is run by a dedicated group of graduate volunteers, said Wright, and they are a

separate group from alumni services. The alumni association gives money to the college and members work as ambassadors of Conestoga, trying to advocate the benefits of coming to the college, said Wright.

"They look at providing services in tandem with the alumni department, so the alumni department's responsibility is to help support that board of directors and to support them with some of the things they provide."

The alumni association is responsible for affinity partnerships, such as discounted insurance rates with a specific company for alumni, said Wright. They are looking to expand the affinity program in the future.

A few years ago, the alumni association started an award, called the Welcome Home award, for students whose parents or guardians are Conestoga alumni. The award is given out once a year at the annual alumni association general meeting in November. The money for the awards is raised through events alumni services holds throughout the year.

This year the annual meeting will be held on Nov. 5.

"You submit your name for that, and you can get a minimum of \$100 for the award. This year we actually have 30 recipients."

Students can apply for this award until Nov. 1.

Continued on Page 2

## CSI gives students in need a helping hand

### Food share program has been operating for 10 years

By JENNIFER MARKO

The next time you look in your cupboards, think about what you are not going to eat and consider donating it to Conestoga Students Inc.'s food share program for students in need.

"The food share program is something that CSI has been offering students in need for many years," said CSI event co-ordinator Lindsay Silva. "This is a place where students are welcome to grab a few bags of groceries donated from the Kitchener-Waterloo Food Bank."

However, it is not just the food bank that donates to this cause.

"Everyone donates to the food

share room," she said. "Students, faculty and staff all donate to this program. If you are interested in receiving food, students are to come into the CSI office and we will show them the location."

The food share program has been operating for 10 years and is in place for the convenience of students in need. Instead of going to the food bank, it is right here in the school.

Currently, CSI helps approximately 50 families each year.

First-year early childhood education student Colleen McInnes said she had not heard of the program, but would donate.

"I think everyone should definitely know about this," said McInnes.

She advised students who may be

a little shy about using the program to just go for it because if you need it, it is not that big a deal and is no one else's business.

"I've never heard of it," said second-year recreation and leisure student Aleisha James. "But I would donate."

Like McInnes, James said it is a good idea and encouraged students to use it if they need help.

"I'm sure CSI would be more than happy to help," said James. "I'm sure there will be confidentiality and CSI wouldn't break that."

"The food share program is for those students who are in need ... just a little help from CSI ... a little goes a long way," said Silva.



## Now deep thoughts ...with Conestoga College

*Random questions answered by random students*

*If you could live in another country,  
which one would it be and why?*



"It would be Germany  
so I could learn about  
my culture."

*Katie Stortz,  
second-year  
marketing*

"Australia. I like the sun  
and laid-back living!"

*Jennifer Fitzgerald,  
second-year  
marketing*



"I'd live in Scotland  
because that's where  
my ancestors are  
from."

*Adam Chalmers,  
first-year business  
administration*



"England. I'd like to try  
something completely  
different."

*Melissa Cayenne,  
first-year ECE*



"The States. I'd live in  
Ohio because Lebron  
James is my baby!"

*Annastasia Spence,  
first-year ECE*



"Japan. It's really lead-  
ing in technology."

*Sean Hillier,  
first-year business  
foundations*



Smile Conestoga, you could be our next respondent!

## Students learn to write essays with help of writing consultant

By ELIZABETH BATE

Annastasia Lebold knows how important academic integrity is to students.

Every other Wednesday afternoon the writing consultant for the Learning Commons holds an Academic Writing workshop to make sure students know it too.

The workshop is supposed to be a half-hour in length, although sometimes it can go longer if the students attending want the material covered in more depth.

**"Academic integrity is expected and required of all Conestoga students."**

*student handbook*

Lebold uses the time to go over American Psychological Association (APA) style for writing academic papers, the kind most commonly adopted by professors at Conestoga College.

While the lecture instructs stu-

dents on just what APA style is and how to format papers correctly, it also stresses the importance of honesty and integrity when writing and submitting assignments.

"Academic integrity is expected and required of all Conestoga students," states the student handbook. "Students are responsible and accountable for personally upholding that integrity and for maintaining control of their own work."

If students are caught committing an offence, whether on purpose or by accident, the penalties range from having to rewrite the paper to expulsion from the college.

With such things at stake it is necessary for students to make sure that they understand how to write a paper properly; that's where Lebold's workshop comes in.

Lebold says students may not even be aware they are committing an academic offence when they are writing. She tells workshop attendees the key to avoiding this mistake is to always cite all your sources.

"Whenever you are reading something for the purpose of writing a

paper, write down where you're getting things from," she says. Lebold knows this can help students to keep their own ideas separate from others and cite sources correctly.

"Think about, what did I know before this and what do I know now. Try to keep that distinguished."

She admits that sometimes the concept can be difficult to grasp and, therefore, she takes the time to answer any questions that students may have.

Dianne Pereira, a third-year bachelor of science in nursing student, found the time at the workshop well spent.

"The paraphrasing thing, that's iffy," she said at the beginning of the lecture, but by the end, she got it.

According to Lebold, the most important thing for students to remember is to think.

"Think as you read," she says. "Think about where you're getting your information from."

Students can sign up for the Academic Writing workshop or one-on-one help with assignments in the Learning Commons.

## Awards assist graduates in obtaining extra money

Continued from page 1

Alumni services also has another award called the Alumnus of Distinction award which recognizes successful graduates from the college.

There is also a third award, which is presented by the premier of Ontario, and it recognizes successful graduates in Ontario. It is awarded in February and the college can nominate three graduates.

**Bursary available  
for students entering  
a degree program.**

Alumni services also has a bursary for students who are in a diploma program and enter into an applied degree program, said Wright. Students can go into the financial aid office located in the Student Client Services Building, to find out more details.

To help alumni with the winter blues, alumni services holds a family-orientated party called Winterfest, with skating and other family-orientated activities, she said. It is held at the recreation centre.

In the summer, alumni services sells discounted tickets to Canada's Wonderland and Ontario Place, said Wright. They also have reduced rate Chicopee ski lift tickets. For more information check the alumni services website [www.conestogac.on.ca/friend-salumni/index.jsp](http://www.conestogac.on.ca/friend-salumni/index.jsp)

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**SPOKE**



# Help save a life: donate blood

By MARCIA LOVE

A Conestoga graduate hopes to inspire other students and youth to give to those in need by donating blood in memory of a fellow student who had always wanted to give.

Ryan Connell, Conestoga residence life co-ordinator, wants others to follow suit at a blood donor clinic in honour of William Walker.

The clinic will be held at Conestoga College Residence and Conference Centre on Oct. 17 from 3-8 p.m.

Walker, who passed away in January 2006, had wished to donate blood but could not due to his illness.

Walker's sister will be volunteering on the day of the blood drive, now in its third year.

Connell said about 30 people donated blood at last year's clinic and he hopes there will be a better turnout this year.

"Besides being afraid of needles, people don't see it as an easy task to donate blood," Connell said. "A lot of people don't realize how much of an impact they can make in someone else's life."

Recent Ipsos-Reid polling shows

87 per cent of young Canadians rank blood donation as a way of making a significant contribution to their community.

However, only one in five blood donors in Canada is between the age of 17 and 25.

Canadian Blood Services is a national, non-profit charitable organization that manages the blood supply in all provinces and

territories other than Quebec.

The organization operates 41 permanent collection sites and holds more than 19,000 donor clinics annually.

Anyone wishing to donate blood can book an appointment by calling Conestoga residence at 519-895-2272 ext. 0, or by visiting the residence's front desk. For more information, visit [www.blood.ca](http://www.blood.ca).

## Horticulture sprouts new interest at college

By VANESSA BUTLER

Conestoga College was in full bloom this fall, thanks to continuing education which introduced three new courses to students interested in horticulture.

Retail garden centre, interior plant care and hobby gardener each accept 15-20 students per semester and cost under \$200.

Students taking these courses will get to participate in field trips visiting such places as nurseries and the Royal Botanical Gardens.

In the fall of 2008, continuing education at Conestoga hopes to introduce three new

Oldfield said students get a ton of experience learning about horticulture, both theory and hands-on, before starting their own careers. She said there are plenty of greenhouses, such as the Belgian Nursery and big box stores, such as RONA and Home Hardware, who would love to hire a skilled and knowledgeable Conestoga grad.

"Plants either wilt from too much sun exposure or die from over watering because people don't know how to take care of them," said Oldfield. "Employers can now hire employees that have the knowledge to

**Students get a ton of experience learning about horticulture, both theory and hands-on, before starting their own careers.**

*Gillian Oldfield,  
program administrator for  
continuing education*

deal with the plants."

She said with these new programs and courses Conestoga is able to fill a niche that currently isn't being filled in the industry.

She said the Doon campus is a great venue with beautiful landscape. "Students are able to make use of the facilities and get practical experience."

"A lot of students want to know more about gardening, for their own enjoyment and for their careers."



(Photo by Vanessa Butler)

Gillian Oldfield, program administrator for continuing education at Conestoga College, said horticulture is in full bloom.

## Conestoga graduate awarded national honours

By JACKIE ALLWOOD

A Conestoga graduate has been awarded national honours in an International Computer Driving Licence (ICDL) contest.

Tanya Cole, an information technology (IT) graduate, successfully completed her ICDL, which started in Europe in 1996 and is now the standard for computer literacy in over 140 countries.

ICDL is a world recognized program and has more than 3.5 million people who have completed the program.

Having the licence means a person should have the skills to operate a range of computer applications and provides a performance standard for employers.

Conestoga College is an authorized administrator of the program.

To successfully complete the ICDL Cole had to finish seven modules which included basic concepts of IT, using the computer and managing files, word processing, spreadsheets, databases, presentations and information and communication.

She did this while pursuing her

IT diploma.

Cole said she found out about alternatives to Microsoft certification at the college job fair.

She spoke with one employer who told her that if job applicants had the Microsoft certification he wouldn't hire them because the testing is too specific.

When she decided to investigate more about the alternatives she went to one of her teachers who told her about the ICDL.

In addition to having her hands full with her education, Cole is a mother of two girls ages two and 11.

The information technology program Cole graduated from is a specialty program designed for women and is funded by the Ontario Women's Directorate (OWD).

The OWD is a government program that funds and co-ordinates programs designed to address and prevent violence against women and children.

Cole said only women with below average to low income are eligible for the specialty program funding.

She said it is a way for women in poor situations to better their lives.

"I also had to pass a math test, just like any program when you are above 19," she said.

The ICDL's contest, called A Brighter Future, required entrants to complete the program's seven modules and write an essay.

She received the Canada-wide award from Bryn Jones, the CEO of ICDL Canada, at a reception held at the college in September.

She received an iPod and an engraved plaque for her first-place finish.

Since graduation and successful completion of the ICDL, Cole has moved on to working at Geek Squad where she is putting her skills to the test.

Cole says she thinks more women should become involved in IT as there aren't many women currently in that career.

She says the programs have helped her gain confidence in herself and her work that she wouldn't have had otherwise.

She thinks if she were in another country she wouldn't have had the same opportunity.

"It's great the government wants you (women) to improve yourself."

### COUNSELLOR'S CORNER: DEPRESSION

Most of us have experienced waking up in a bad mood or "feeling the blues". These feelings are usually of short duration and have minimal impact on our lives. Some people experience sadness, loneliness, hopelessness, self-doubt, and guilt for weeks, months and even years. These experiences characterize depression, an illness believed to affect one in ten.

Here are some signs which might indicate that you or someone you care about is experiencing depression:

**FEELINGS**- loss of joy in formerly pleasurable activities; crying a lot or feeling emotionally "empty"; hopelessness; worthlessness; loss of warmth towards key people in life; loss of sexual desire; deep sense of shame or self-doubt.

**PHYSICAL**- overwhelming exhaustion and lack of energy; insomnia or sleeping too much; loss of appetite or over-eating; physical aches and pains; digestive problems; headaches.

**BEHAVIOUR**- irritability, withdrawal; neglect of responsibilities or appearance; reduced concentration, memory or ability to cope with daily activities.

If these symptoms persist, or if their intensity is causing you to consider **suicide** as an option, it is important to seek assistance with a knowledgeable professional. On campus, counsellors are available in Counselling Services (1A103); a nurse and doctor are available in Health Services (1A102).

*A Message from Counselling Services*



## Low literacy rate raises eyebrows

A recent report entitled Vital Signs, which looked at the state of Waterloo Region, found we have extremely low literacy scores.

With a community that has three highly regarded post-secondary institutions — Conestoga College, the University of Waterloo and Wilfrid Laurier University — these numbers are surprising and unacceptable.

The report found that only 47 per cent of people in the area who are 15 or older have a diploma or degree from a high school or a post-secondary institution.

According to [www.wrvitalsigns.ca](http://www.wrvitalsigns.ca), the Vital Signs report is an annual community checkup through which the Kitchener and Waterloo Community Foundation and the Cambridge and North Dumfries Community Foundation measure the vitality of the region.

The test identifies significant trends and assigns grades in 11 key areas critical to Waterloo Region's quality of life, such as housing, transportation and the environment.

While other areas were not a huge concern, the reading and writing skills of local residents came as a surprise to many people.

Ken Coates, the University of Waterloo's dean of arts, said in an Oct. 3 article in *The Record* that the issue has to be addressed so that the region continues to have a strong economy.

The recent article went on to say that one in seven residents are living below the poverty line while the top wage is 18 times higher than what low income people are earning in a year.

With the decrease in higher education, positions that are essential for our community will not be filled nearly as easily.

It is obvious that even with the exceptional post-secondary institutions in the area that people are not being educated about the programs and courses that can be taken to upgrade skills that are necessary to obtain a good job.

It is never too late for someone to obtain a higher education.

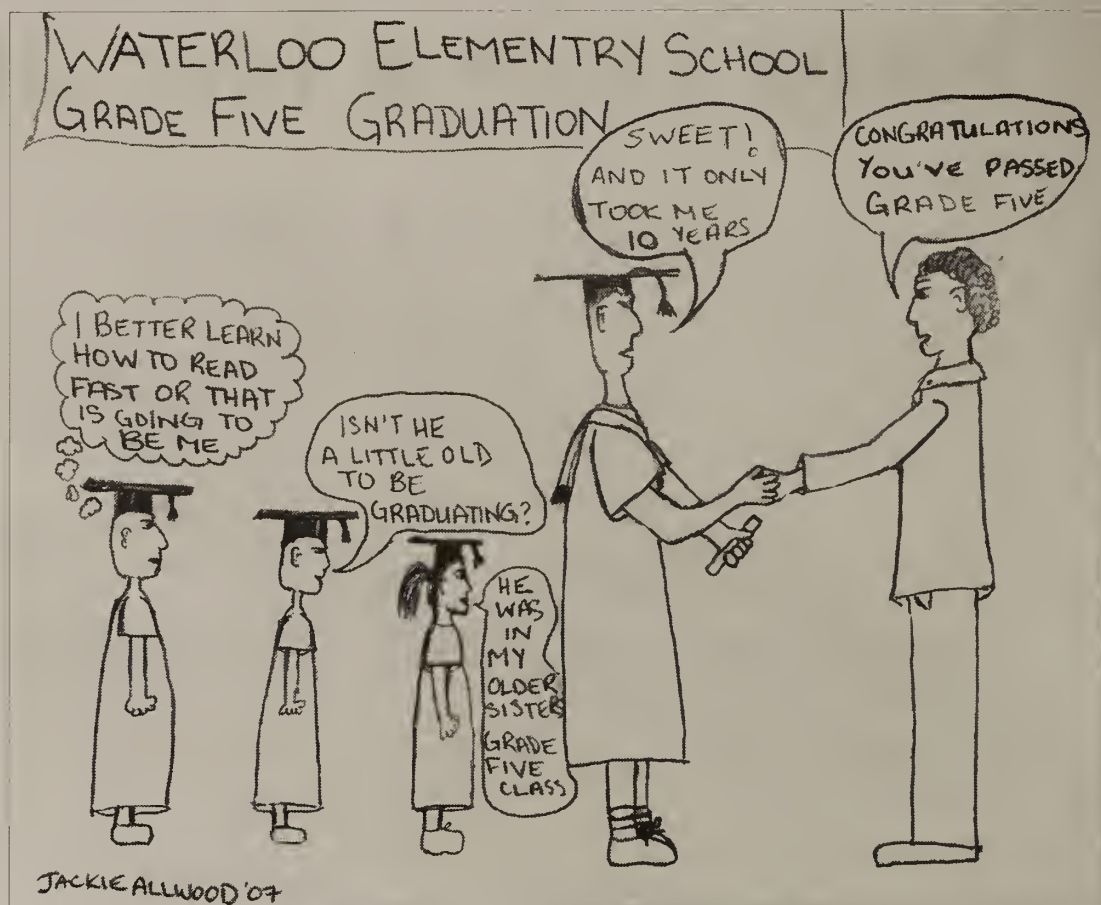
Many people in university and even at Conestoga College are mature students either taking a full-time program or taking a part-time continuing education course.

Conestoga offers a wide variety of courses that help people get jobs, including ones in business, health, languages and technology.

The college also offers a course on basic writing skills that focuses on sentence structure and grammar. This course is offered to anyone and would really benefit people who are unsure of their English writing skills.

With the region's low literacy scores now in the lime-light, it is going to be very important for the government to increase these numbers.

One way will be to teach students in high school the importance of higher education and ensure non-students know that it is never too late to go back and learn new skills.



Waterloo Region's low literacy rate needs to be addressed

## First strike on human psyche

What do you draw from the latest insurgent attacks in Afghanistan, or persistent Israeli-Palestinian upheavals or rebel attacks displacing ethnic peoples on Africa's horn? Perhaps sheer casualties spring to mind? Or direct impact on the economic and government strongholds of the afflicted parties? Rarely do we consider the factor which precipitates the aforesaid incursions. We are coerced into assessing the after-effects: inflated numbers and stagnant factoids rendering us void casual observers.

We, including prospective peace negotiators, tend to overlook the unforeseen; the seed which spawns all civilian unrest and discord. Such a seed is the human psyche, a fragile and often under-regarded component of every human being. It is the pith which governs one's decision to love, will and even kill. It may seem immaterial, but it swiftly translates into reality when a nation's welfare — in terms of agriculture, industry, social network and defence — is at stake.



Holly Featherstone

Opinion

The individual and collective psyche is the foundation of a nation and media pays little regard to humanism when immediate onslaught is more engaging. The scourge against innocent civilians merely ushers a seamless slew of larger-scale problems. Insurgents' motives are enacted upon not to wholly eradicate numbers, but to instil perpetual fear in the minds of individuals, initially causing panic and corruption and escalating into the disintegration of families, social frameworks and security services altogether.

The presence of war in African countries including Sudan and Somalia has a similar clout on its deprived victims. When ethnic clans are aggrieved by disruption, families dissolve and individual faith in the

security of the nation is breached. Female fertility wanes and the economy chokes under the stranglehold of labour force truancy, thereby forcing the nation to become reliant on foreign aid intervention and, in turn, undermining the nation's overall reputation. Such corrosion furthers the success of subsequent attacks and the swelling of casualties.

In the wake of probable peace negotiations in Darfur, Afghanistan and Myanmar, UN actors would certainly benefit by acknowledging the preservation of basic humanities as a reconstructive starting point rather than repairing what is already derelict.

Civilian security must be addressed in order to forestall transgressors from seeking command of the nation, imposing upon one vulnerable mind followed by the next.

The human psyche is the quintessence of self-preservation and if a nation's civilians have fear for thought rather than freedom of thought, what chance of preservation does the nation have?

### Letters are welcome



**Spoke** welcomes letters to the editor. Letters should be signed and include the name and telephone number of the writer. Writers will be contacted for verification.

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# Dress for success on Halloween

By **CHARLOTTE PRONG PARKHILL**

For just one night, you can be whoever you want to be.

From Marie Antoinette to Marie Osmond, King George to George Bush. All you need is a costume. Start planning for Halloween now.

Conestoga Students Inc. is holding its Halloween party in the new Sanctuary Oct. 25 at 9 p.m. Tickets are \$2 in advance and are available in CSI's self-serve area. Get them quick — there are only 400 tickets available.

Event programmer Lindsay Silva said the event will be all-ages, with a wristband policy in effect. And they have great prizes for great costumes. "I think our grand prize is going to be a trip provided by Breakaway Tours," she said.

Not sure where to get a costume? The Stag Shop has four locations in the area, and they are just now stocking their shelves with over 50 costumes, ranging in price from \$40 to \$70. "We get a lot of young people in here," said salesperson Rae Kelly. "The guys like to dress up as Mounties, firefighters and police officers. Last year, a lot of women dressed as nurses, pirates and Marilyn Monroe."

If you don't want to take a chance on showing up at a party in the same packaged costume as sev-

eral other people, head to a costume rental store for something unique.

Tom Hilborn is a Conestoga graduate and owner of Maskerade Manor at 18 Queen St. E., Cambridge. His shop has over 2,800 rental costumes and the vast majority of them cost \$15 to \$50. If you want something more elaborate, his new costumes this year include a movie-quality Darth Vader, an Alien 3 costume and The Flesh Eater, a full body that straps onto yours and looks like it is eating you.

Hilborn said Halloween reservations started around Labour Day. "Once Oktoberfest is over, we'll start going crazy in here," he said. "That's when all the bars and clubs start promoting their events." He suggests reserving your costume early. "I've never been cleaned out, but I've definitely been picked over."

Need some spooky props for your haunted house party? He rents those too. Animated characters such as werewolves and mummies are \$100 and include the electronics to control their noise and movement.

Cam Pizzey, owner of The Costume Shop at 566 King St. E., Cambridge, said when young women come to his store, they're usually looking for just one thing.

"They're looking for anything sexy," he said. "Little Red Riding Hood and Dorothy, naughty nurses and French maids." He said the Bavarian girl is another popular option. "They can wear it to Oktoberfest and then use it as a Halloween costume."

The Costume Shop has over 1,500 rental costumes but also sells wigs, masks, makeup and accessories. Employee Melissa Aerts is a walking advertisement. "I wear a different costume every day," she said.

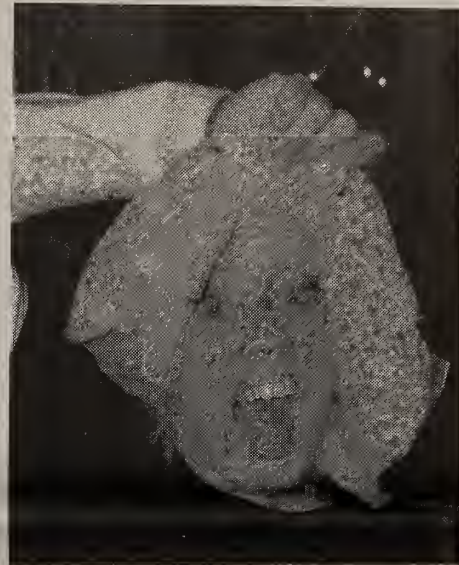
First-year advertising student Julia Bompa said she'll be going to a house party, but she hasn't decided on a costume yet. "Last year I was an army girl," she said. "I'll probably just buy a few different pieces and put a costume together myself."

When creating your own costume, Value Village is a good option. Its two locations in Kitchener and Cambridge are crammed with used clothing and accessories but they also carry a wide variety of new Halloween items.

If you need to visit the Conestoga registrar's office on Halloween, be prepared to deal with some unusual characters. Clerk Cheri Atkins said everyone in the office dresses up. "I think last year I was Medusa," she said. "We try to make it fun."



(Photos by Charlotte Prong Parkhill)



Try Freddy Krueger, Leatherface from the Texas Chainsaw Massacre, or a werewolf for gory fun! However, masks can be hot. Creative makeup is a good alternative and is available at your local dollar store, grocery store or Value Village.



(Photo by Charlotte Prong Parkhill)

The Grinch, Frankenstein and Homer Simpson are just some of the many masks available to rent at The Costume Shop or Maskerade Manor, both located in Cambridge.

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# Students design RIM testing unit

By JOHN LINLEY

Conestoga College students have developed a testing unit for Research In Motion which will be used with their wildly popular BlackBerry.

The BlackBerry Automated Work Cell was created last year by third-year students in the integrated advanced manufacturing technology program.

The cell was unveiled on Aug. 14 at the annual showcase of student projects.

During a process on the production line, the cell loads and unloads the BlackBerry, tests the front, side and top keys, downloads the software and dispenses and applies the label.

If any BlackBerry fails the test, the unit puts it in a bin.

Prior to this, workers had to test the keys by hand, so this inven-

tion will greatly increase productivity.

Calin Stoicoiu, a professor of engineering technology, co-ordinated the project and said it will boost the popularity of the program.

"It lets the students work on real-life problems, rather than just doing a made-up project," he said.

RIM approached the college with the idea of working together, partly because it is cheaper for the company to work with students than to hire outside workers.

There are currently no plans for the students to work with RIM, or similar companies, but Stoicoiu said they are working to come up with similar projects to benefit the students.

"It is a very good opportunity for the students, good for problem solving and being able to go through this process," he said.



(Photo by Marcia Love)

International students in the English as a second language program had fun learning about Canadian customs and culture at Survivor Conestoga.

# ESL students enjoy Survivor Conestoga

By MARCIA LOVE

International students received an official welcome to Conestoga at the fifth annual Survivor Conestoga on Oct. 4.

The event was held in the rec centre and included workshops on safety in the community and on campus, safe and abusive relationships, public health and healthy sexuality, healthy ways to de-stress, drugs and alcohol and healthy eating.

The purpose of Survivor Conestoga is to make students aware of the help available both on and off campus.

Shawna Bernard, a counsellor at the college, said international students will go through adjustments when moving to a new country. This is known as culture shock.

"They might feel homesick or may be isolating themselves because everything is new to them," she said.

Bernard said the counsellors at Conestoga thought this workshop would be important because they found international students had issues they needed to talk about.

"We were noticing a theme of incidents that were coming up and we thought we needed to do something about this to let students

know what their rights are in Canada, and to let them know about situations that come up."

Students learned about healthy sexuality with Diane Redding.

Safe and abusive relationships were discussed with Keith Martin, a counsellor, and Natasha Magon from English language studies.

"We try to teach students about emotional and physical abuse using role playing," Magon said.

Const. Nadine Cybulski and Shannon Carey, co-ordinator of Walk Safe, informed the students about safety in the community and on campus.

Students learned about violence, security on campus and the Walk Safe program.

Pauline Shore, co-ordinator of English language studies, and Shawna Bernard taught students about safe and abusive relationships. Students learned about personal and physical boundaries.

"We tell students it's OK to say no to a relationship," Bernard said.

Serena Reis discussed healthy eating with the students.

"We show students how to make quick and easy meals that are also healthy," Reis said.

Joan Magazine, a counsellor, held a workshop on drugs and alcohol.

"Students learned about rules and safety issues around drugs and alcohol, as well as things like drinking games and drinking and driving," Magazine said.

Colleen Holmes from the rec centre finished the interactive sessions with exercises and tips on de-stressing.

Sheng Zhong, a level three English as a second language student from China, said she enjoyed learning about the safety in the community session, and learned a lot of important things.

She said she is somewhat adjusting to living in Canada.

"I don't like it as much as home, but I don't hate it here," Zhong said.

Andres Garcia, a level three ESL student from Colombia, said his favourite part of Survivor Conestoga was learning about security.

"I learned about illegal things in Canada," he said. "I didn't know it was illegal to grow marijuana."

Garcia said he found it hard to adjust to living in a new country when he first moved to Canada a year ago.

Now he feels more comfortable and thinks his English will improve.

# Speeding law won't fix problem

Many motorists may be keeping their eyes on their speedometers after a new provincial speeding legislation came into effect in late September.

According to a Sept. 29 article in The Record, speeders doing 50 kilometres over the speed limit will be fined anywhere from \$2,000 to \$10,000 and have their vehicle impounded for a week. For a second offence, they could lose their licence for up to 10 years.

Although these penalties are extreme and justified, there are so many speeders that only a few will be caught. The fact is that the number of police officers monitoring the roads is miniscule when com-



Leanne Mountford

Opinion

pared to the number of motorists flying down them.

What the government needs to do is fix the issue of speeding rather than slowing the problem down.

The Ministry of Transportation (MTO) plans to improve road safety by making speed limiters mandatory on trucks, according to a July 3 Canadian News Wire Group release.

A speed limiter is a built-in microchip that enables a truck engine's top speed to be preset.

Why then, if the MTO feels it will make the roads safer to put speed limiters on trucks, can't they also be put into cars and other vehicles?

If speed limiters were installed in cars, law enforcement wouldn't have to spend hours sitting on the side of a highway with radar equipment. They would be able to spend their time more effectively by controlling crime and not worrying about something a microchip could handle.

Something definitely needs to be done about excessive speeders, but attempting to scare them with penalties rather than fixing the problem probably isn't going to help in the long run. There just aren't enough police officers to sit on roads and watch people drive by.

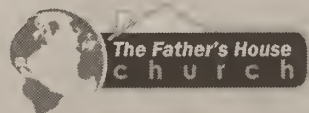


(Photo by Vanessa Butler)

## Training for the future

Conestoga College second-year preservice firefighters pose outside the rec centre on a training day. The group was getting ready to perform confined space rescue training.

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# Thanksgiving Day parade



(All photos by Christopher Mills)

Newly crowned Miss Oktoberfest, Nicole Stuber, waves to the crowds as the parade passes through downtown Kitchener.



An inflatable version of the loveable Oktoberfest mascot kicks off the parade and towers over patrons.



Participants in the 39th annual Thanksgiving Day parade make their way down King Street into downtown Kitchener on Oct. 8. An estimated crowd of 145,000 looks on.



An annual favourite, the local bagpipe band closes out the parade in style.



# a 'Hans' down good time



Lions Club members navigate their giant inflatable mascot around traffic lights in downtown Kitchener.



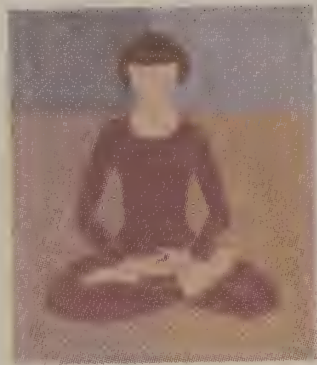
Above, members of the Preston Scout House Alumni Band march down King Street as the crowd claps in unison. Below, Kitchener City Hall provides a great backdrop and vantage point for parade spectators.



Onkel Hans takes a moment to smile for the camera.



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*Facilitated by Shawna Bernard, Counsellor, Counselling Services*

# CreateAthon gives something for nothing

By HIEN DINH

The old adage is you don't get something for nothing. However, 12 local non-profit agencies beg to differ.

They all received free advertising services from Punch Integrated Communications Inc. during the Cambridge company's second annual CreateAthon on Sept. 27.

"The CreateAthon was a 24-hour marathon that went from 8 a.m. on a Thursday morning to 8 a.m. on a Friday morning," said Matt Coyle, graphic designer for Punch.

It gives graphic designers an opportunity to work non-stop through the night to produce as much work as they can for local non-profit organizations.

The idea came from a company in North Carolina called RIGGS, Coyle said.

CreateAthon is an international network that involves over 40 agencies across Canada, the United States and Puerto Rico.

"This is the second time we did the CreateAthon and it was a great event," said Coyle.

"We put a few ads in local newspapers asking any non-profit (organizations) to apply and based on the applications we tried to select the non-profit (organizations) that were in most need of our services."

The organizations participating were generally those with the least amount of marketing funds available to them.

Jane Hennig, executive director for Volunteer Action Centre of K-W, said the centre now has new brochures, posters and books for their volunteer fairs and for promoting volunteers out in the community.

"I'd just like to say how thrilled we are to see a business in the community be creative in the way that they engage with (their) community."

"We are absolutely happy. They did a great job. They listened to what we needed and gave us what we needed."

"What they created for us and for a number of other charities is really valuable and a resource that we could not have dreamt of without their assistance."

Rosemary Kroft, chair of the board for the Kitchener-Waterloo Chamber Orchestra, said everything turned out amazing.

"They designed a season brochure for us and a PowerPoint presentation," she said. "It's so polished and professional and it has a real 'pop' to it."

"We have almost zero dollars for any advertising and so we're very happy."

Some other local organizations who benefited were Supportive Housing of Waterloo, K-W Musical Production, Nutrition for Learning, Hope Springs and Grand River All Breed Animal Rescue.

For further information on the CreateAthon, call Punch Integrated Communication Inc. at 519-653-4800.

# WHEN DATING TURNS DANGEROUS

## Stalking

Stalking is a crime that happens on college campuses more often than in the general population. Stalking is not a single event but a pattern of actions that makes the person being targeted feel frightened and controlled. Over time, these actions may become more aggressive and dangerous — sometimes even life threatening.

## Actions that constitute stalking may include:

- ❖ Repeated telephone calls, letters, or emails
- ❖ Sending unwanted gifts (e.g. flowers)
- ❖ Showing up uninvited at places the target frequents (i.e. home, work, entertainment)
- ❖ Stealing mail
- ❖ Following, watching, tracking
- ❖ Threatening harm to the person being stalked, family or friends
- ❖ Threatening or harming pets

Do not minimize or ignore this behaviour. Report threats to Campus Security (Doon campus Room 2B10 ext. 3357) and/or the Police. You may need support in dealing with the stress of being stalked. Counsellors are available in the Counselling Office, Doon Campus, Room 1A103, 748-5220 ext 3360, Guelph Campus, Admin. Office, 824-9390 ext. 148 or Waterloo Campus, Room 1C04, 885-0300 ext. 224.

Information on community support is available through your Counselling Office.

Sponsored by the Women's Resource Group





# Lockdown procedure is for your safety

By WEI-LON LEE

Duck, cover and hide. Duck, cover and hide.

That's what a 1950s' cartoon told children to do if they heard a loud atomic bomb drill siren.

And fittingly, it is what Conestoga College is telling students to do now.

Just like back then, schools today have a standard practice for handling crisis situations, and Conestoga is no exception.

But today's threats do not involve weapons of mass destruction, but rather situations where an individual threatens or tries to inflict harm to another using firearms or some other weapon.

Yes, it's the "student gone postal" kind of scenario, and it is the kind of situation that our educational institutions fear most.

It is also the type of crisis that is becoming more and more prevalent both in the United States and here in Canada.

John Tribe, supervisor of safety and security services, said he received around 800 e-mails and phone calls the day after the Virginia Tech shooting incident, all wanting to know about the college's security procedures.

"The fact is, if someone decides to come into the campus and shoot somebody, it's going to happen," he said.

"You can't stop something like that from happening."

However, what the college hopes to do is minimize the number of casualties inflicted when a major incident does occur.

"And that's where the school lockdown procedure comes in," said Tribe.

He explained that in any kind of incident, security services and the Waterloo regional police should be notified.

When you're reporting a firearm

emergency, try to stay as calm as you can, give your full name, location and the nature of the emergency.

If you know the suspect(s), you should also give their name(s) and a description of the weapons involved.

If there is a lockdown procedure in progress, one of these announcements will be made on the public address system: phaseline yellow, phaseline red or phaseline green.

Phaseline yellow means that there is a potential problem and that you should be cautious and be on the lookout for anyone suspicious.

Phaseline red is the highest level of alert, and this means there is immediate danger to students and staff.

During phaseline red, if you are in a hallway, you should look for the nearest classroom or any location that would offer protection against projectiles. If you cannot find good cover, then you should try to conceal yourself to avoid being seen by a potential gunman.

"You don't want to make yourself a target," said Tribe.

He said the point of having a lockdown is not to lock the exterior doors of the college, but locking the interior doors such as classrooms and offices.

"Providing yourself with the most secure protection is really your best wish," said Tribe.

The main area of concern for most universities and colleges, according to Tribe, is not the lockdown procedure itself or the emergency responses put in place, but rather mass notification.

"In this building, we do have a paging system, but we do not have a paging system for any other building or any other campuses," he said.

Another area of concern is the

general lack of knowledge on the part of students about the emergency response procedure and even the existence of a lockdown procedure.

Sanja Stokich, a first-year financial planning student, admitted she does not know what to do in an emergency.

"Call 911, I guess," she said.

Stokich knows the college has a lockdown procedure, but said she doesn't know any more than that.

"Yes, I would like to become more familiar with (it)," she said.

Sarah Hamilton, a second-year marketing student, did not know the college has a lockdown procedure.

"But I'm not really worried about something like Virginia Tech happening here," she said.

However, Hamilton said she would also like to be more informed about campus security and what to do if there was someone armed with a gun in the college.

"Part of the process that we have to go through if you want that knowledge out, is you have to find a way to put it out," said Tribe.

There has to be a more active involvement in terms of training exercises and drills, he said.

Tribe said secondary schools and elementary schools do have lockdown drills, but they are not standard practices performed by colleges and universities.

"I believe we're going to have to do them, simply because it raises awareness," he said.

Tribe also said submissions have been made by the Ministry of Colleges and Universities about expanding paging systems across Ontario colleges and universities and that the provincial government has promised more funding.

"As of yet, no cheques have been received," he said.

## A new home in a new country

By KERRY REED

Coming to Canada as an international student can be a difficult transition.

Conestoga College's homestay program can help with the transition and with the new culture, said Felicia Chen, the international student adviser and housing officer at the college.

The homestay program is where a Canadian family provides room and board to an international student in their home.

"Homestay helps the student feel like they are part of a family," said Chen.

This year 10 new international students chose to live in a homestay, six students chose residence and the other students made their own living arrangements.

Most students who pick the homestay option are from countries where English is not spoken said Chen.

"A homestay program can be less worrisome for the student," she said. "They do not have to worry about finding a place to stay, the utilities and other circumstances they may run into."

For a new student, homestay at Conestoga College is 100 per cent guaranteed said Chen. As long as they have been accepted into their program and the college the student can apply for a homestay family.

On the college website, students fill out an application form containing personal questions and living preferences.

"My job then is to find the best match with the student's application form to a family that has a similar application," said Chen.

Homestay families must be screened and have to fill out an application form before they can be matched up with a student.

"After the family applies for a homestay I have to go to their house and base whether or not I think they are appropriate for the program," she said. "I need to know they are in it for all the right reasons."

The homestay family must be able to provide the international student with physical items, such as their own room, bed, linens, desk and chair. But, they must also live within 45 minutes of Conestoga by bus, eat supper a

minimum of four times a week with the student, speak in English to the student at all times and they must be enthusiastic about welcoming a new person into their family, said Chen.

The student pays their homestay family \$650 a month and receives in return a room, three meals a day and all other basic needs.

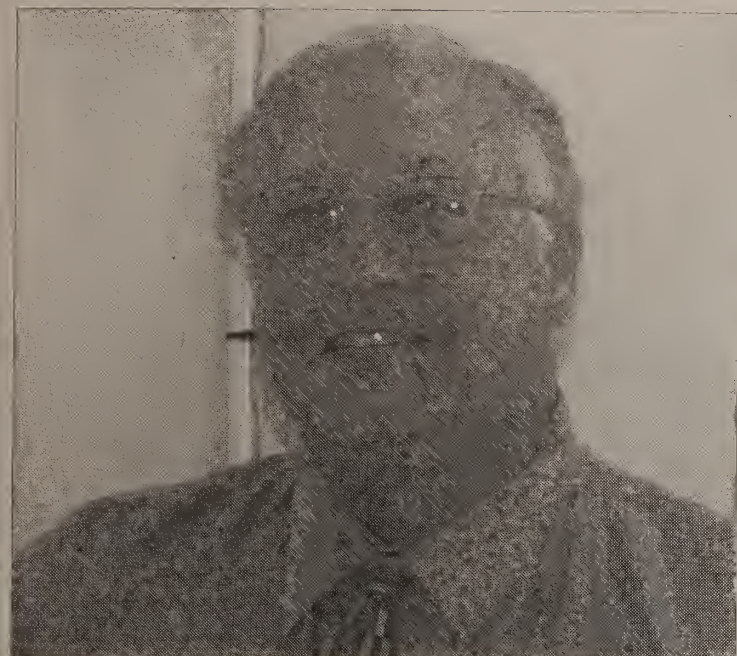
Students may have to prepare their own breakfast in the mornings and make their lunch but will come home to a prepared dinner. It all depends on how each individual family works.

In most cases the family and the student engage really well, but sometimes it does not work out.

"Even though the applications match together it does not mean that the personalities will click," said Chen. "They need to be comfortable or else it will not work."

The students and the families have a two-month commitment and after that the student has the option of moving out on his or her own or staying with that Canadian family.

"In many cases the student and their Canadian family form a deep bond with each other," she said.



(Photo by Wei-Lon Lee)

John Tribe, supervisor of safety and security services, says there must be more active involvement in training and practising lockdown drills.

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(Photo by Elizabeth Bate)

### Browsing for jewelry

Chantelle Steffan and Shona O'Kane, both first-year practical nursing students, examine fashion accessories at a jewelry booth outside the cafeteria on Oct. 5.



(Photo by Sarah Jaynes)

### Sex with Sue

Sue Johanson, a registered sexual health nurse, pretends to be shocked by the personal sex questions Conestoga students asked her at her Talk Sex presentation on Oct. 4. Some of the questions were about penis size, how to prolong your partner's orgasm and how to reduce personal wetness. When Johanson was asked her greatest accomplishment she answered, 'Being my age and still having credibility with students.'

### Are You Considering University After College?

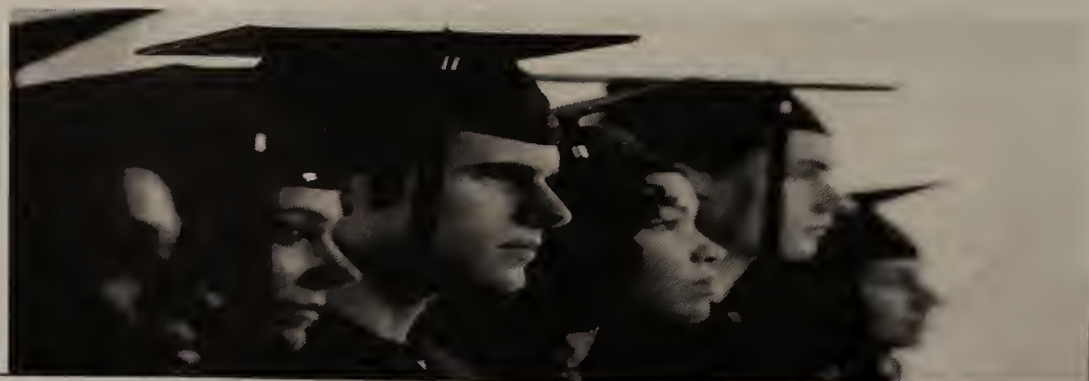
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### Transition to University: Transition Planning Workshop

Counsellors in Counselling Services recognize that the process of choosing and applying to university(s) can be a challenge. This workshop is available to give you information and provide you with an opportunity to ask questions about degree completion, search sites and the application process. Free.

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Thursday, October 25th @ noon Room 2D21



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## HOROSCOPE

Week of October 15, 2007



## Aries

March 21 - April 19

Optimism is important as mid-terms approach in a couple of weeks. Your positive outlook will help you and your friends get through the stress of studying and writing the tests.



## Libra

September 23 - October 22

It is time to put those new shoes back in the closet because you need to concentrate on your studies. Mid-terms are coming, and instead of attending the latest party, you should be hitting the books.



## Taurus

April 20 - May 20

Your patience will work to your benefit during mid-terms. Having patience for those long tests, and even longer essays, will get you through the rough part, and that leaves you with more time to spend the way you choose.



## Scorpio

October 23 - November 21

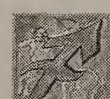
Try to keep your emotions in check while preparing for mid-terms. It will save you a lot of grief in the long run.



## Gemini

May 21 - June 21

You adaptability puts you in good stead as mid-terms quickly approach. You will be able to adapt to the stress of finishing assignments, and studying for the tests better than those who find it hard to adapt.



## Sagittarius

November 22 - December 21

You love a good challenge, so the added work because of mid-terms in a couple of weeks is not affecting you. It's a challenge to get all those assignments done, and find time to study.



## Cancer

June 22 - July 22

It is time to start adapting to the world around you, because it's not going to adapt to you or your moods. Be watchful of those around you, the ones you think are your friends might turn out to be anything but.



## Capricorn

December 22 - January 19

Your discipline will help you during the time leading up to mid-terms. You will have no problems sitting down to finish some assignments and study for the test.



## Leo

July 23 - August 22

Creativity might come in handy as the mid-terms get closer. You will need to be creative with your time, so you can get all those assignments done and find time to study, see friends and sleep.



## Aquarius

January 20 - February 18

Your independence will set you apart from your peers. While they might be following the pack to an after-school gathering, you will use that independence and head home to study for your mid-terms in a couple of weeks, or finish off an assignment.



## Virgo

August 23 - September 22

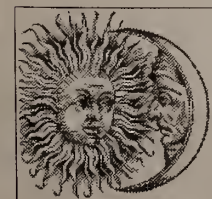
Be watchful of your tendency to put your two cents in while others are discussing a topic. They might not want your advice. Your input might start a disagreement that could have been avoided.



## Pisces

February 19 - March 20

Your big heart will either hurt you or help you while studying with friends. You could end up giving them all the answers, while thinking that they are helping you.



Franca Maio is a second-year journalism student holding fate in the palm of her hand.

## The Oscar goes to...

Celebrity politicians. The number seems to be growing at a shocking rate. Candidates, sometimes ones you'd least expect, step out of the entertainment world and into the political world. And a fair share get elected.

Jim Bunning was a professional baseball player for 17 years with the Detroit Tigers and Philadelphia Phillies, becoming the second player in history to record 1,000 strikeouts and 100 wins in both the American and National leagues. He was elected to the U.S. Senate (Kentucky) in 1998.

Jesse "The Body" Ventura was a flamboyant, larger-than-life WWF wrestler. He shocked the nation in 1998 when he was elected governor of Minnesota, becoming the first Reform party candidate to ever be elected to state or federal office.

And perhaps the most famous celebrity-turned-politician (and a co-star of Ventura's in *Predator*), Arnold Schwarzenegger was elected governor of the state of California in 2003.

And now, as *Law and Order* actor Fred Thompson campaigns for the Republican presidential nomination in 2008, one has to ask, what makes these entertainers so successful in the political arena? The answer is quite simple.

The biggest actors these days are clearly not in Hollywood, but in congressional and parliamentary offices across the continent.

Schwarzenegger, Ventura, Thompson: all made their living as actors, performing for audiences



Christopher Mills

Opinion

and pretending to be something that in reality they were not. So why do we elect them? Why do we trust them more than ordinary politicians? Because they come from an arena that's dependent on the audience. Whereas normal politicians attempt to sway an audience for their own benefit, these men know that their survival hinges on giving the audience what they want.

Fans drive the sports and entertainment businesses, so actors and athletes must constantly work to hold their interest and keep their support coming in. Politics is no different, as representatives are elected by the people, and would not be in any position of authority if it were not for the people. Yet strangely, politicians rarely hold themselves accountable to their constituents, seeking instead to pursue their own agendas once their position has been attained.

What is this world coming to when professional performers have become more trustworthy than our elected officials and political candidates?

Fred Thompson has spent years on *Law and Order* (the original series), playing a highly-conservative district attorney in New

York. Ironically enough, Thompson's on-screen persona is very similar to who he is in reality.

Thompson joined his first candidates' debate on Oct. 9 in Michigan, and although looking a little overmatched at times, he managed to hold his own. He currently looks to be running second in popularity to former New York mayor Rudy Giuliani for the Republican nomination.

Thompson's current run, coupled with past victories by Hollywood stars, should be sending a clear-cut and powerful message to politicians in North America. More and more of these stars are entering the political fray, even if it's just to publicly support a cause or candidate. Current politicians would be wise to take a page from the Hollywood book, and learn that their fate depends solely on the "audience." Voters are no longer afraid to take a chance on an unfamiliar candidate, especially if it's one with a familiar face.

Someone like Arnold Schwarzenegger has been coming into people's homes for years, bringing them action-packed (and even light-hearted) entertainment. He has never hurt them, used them or lied to them. Though they don't know him, there is a certain element of trust and appreciation that exists.

Who would have thought that we'd need to turn to Hollywood to bring stability and credibility back to politics?



(Photo by Holly Featherstone)

## Zicke-zacke, zicke-zacke, hoy, hoy, hoy!

Chantal Chauvin, an employee at Hans Haus, an Oktoberfest souvenir shop in Kitchener, displays one of the popular-selling items. Oktoberfest ran from Oct. 5 to Oct. 13.



# Head-to-head

## Welcome to Steroid Mythology 101

## 'Get them off the juice'

Has there ever been an issue more overblown than steroid use? Especially in professional sports?

I'm not going to sit here and downplay the negative effects of steroids, because there are many, and some are severe. However, if an athlete is foolish enough to risk his or her health — and life — for a little competitive edge, how is that our problem?

While I do acknowledge that steroids give an edge, it is much more miniscule than people think. Contrary to popular belief, steroids do not help you run faster, hit a baseball further or lay out bigger hits.

When you lift weights, you tear muscle fibers and newer, stronger fibers grow back in their place. If you take steroids, you speed up that "healing" process, allowing you to lift more often and giving you a boost of energy for more aggressive workouts.

However, steroids do not magically give you strength and ability. In fact, the more steroids a user takes, the more he/she has to work out in order to maximize and maintain the benefit. But you will not see a 100-pound weakling boost up to 250 lbs. It just does not happen.

Too many people look at a guy and say "Oh, he's huge. He must be on steroids." The majority of players already suspended under Major League Baseball's steroid policy are the last players that would be suspected based on their physical appearance.

Then you have players like Barry Bonds and Mark McGwire who are lightning rods for skepti-



Christopher Mills

*Opinion*

cism and scrutiny.

I will grant that both players have a lot of overwhelming evidence against them, but one must realize that both players are naturally big guys.

I once had the great fortune of speaking with the legendary Cal Ripken Jr. Cal told me that in the late 1980s when Mark McGwire came into the league, he would stand next to Mark at first base and marvel at how big he was. And folks, people do get bigger from their early 20s into their 30s.

**If an athlete is foolish enough to risk his or her health — and life — for a little competitive edge, how is that our problem?**

Then what about all the home runs, you ask? Barry Bonds' alleged steroid use began in 1998. Other than his freak 73-home run season in 2001, his career high was 49. He had three 40-home run seasons and four 30-home run seasons prior to 1998, so to argue that he had no talent or power before the alleged steroid use started would be absurd.

Mark McGwire was "caught" using Androstenedione, a border-

line substance that was not illegal or banned by Major League Baseball at the time he used it, though it has since been outlawed.

And how about professional wrestling, another hot bed for steroids? Although these men are jacked up as big as can be, and almost undoubtedly juicing, does it matter? Although it's a "professional" sport, the results are predetermined.

No one is getting a competitive edge over their opponent. And wrestlers come in all shapes and sizes, so it's hard to argue that one must be huge to compete.

Arguably one of the greatest wrestlers of all time, Shawn Michaels, was quite small relative to his competition, and he's still competing today.

I'm sure some would reference Chris Benoit here, talking about 'roid rage and how steroids can create animals.

Doctors and law enforcement have said that Benoit's actions (he murdered his wife and son before hanging himself) were more likely related to brain trauma caused by repeated concussions.

The bottom line here folks is that steroids, although illegal and potentially dangerous to the health of the user, do not give this incredible competitive advantage that people speak of. Though it does give an edge, that edge is short-lived.

It has been proven that steroid users have shorter careers and much shorter lives.

Does that really sound like much of an advantage to you?

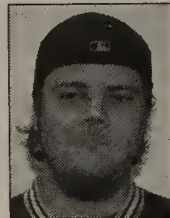
Richard Nixon is one of the most vilified presidents in the history of the United States. Marion Jones is forever in shame within the sports community. Even Martha Stewart showed she wasn't so nice and wholesome.

What do these three have in common? They've all cheated at some point in their lives. Richard Nixon of course was booted out of the White House after the Watergate Scandal. Martha Stewart was found guilty and sentenced to five months in prison for dumping shares of the company ImClone, just days before the stock fell.

But the most common place cheating occurs is in professional sports. Marion Jones recently admitted she used steroids from 2000-2002 and, more importantly, during the 2000 Sydney Olympics, where she won five medals.

Reports are also surfacing of the rampant use of steroids in Major League Baseball, where a few players have had their reputations tarnished, including current Toronto Blue Jays third baseman Troy Glaus, who allegedly took steroids during his time with the Anaheim Angels (now the Los Angeles Angels of Anaheim). Rafael Palmeiro, a free agent first baseman who has not played since the 2005 season, publicly declared to have never taken steroids, then tested positive for the banned substance stanozolol and was suspended for 10 days on Aug. 1, 2005.

Despite all these cases coming to the forefront, what is truly unbelievable is how lax sports fans and leagues seem to be on the issue.



Alex McNanney

*Opinion*

Despite ever-mounting evidence supporting his use of steroids, Barry Bonds continues to be celebrated as the home run king of baseball. Bonds himself has vehemently denied steroid use since he broke the single-season home run record in 2002. There is also the pending investigation of a group of player on the Carolina Panthers football team who allegedly tested positive after the team's 2005 Super Bowl loss to the New England Patriots. When was the last time you heard about that?

But the most glaring and disturbing place in sports where steroid use occurs is in professional wrestling. The number of wrestlers who have died this year due to past steroid use is flabbergasting. Mike Awesome, Sherri Martel, Brian Adams and Bam Bam Bigelow are just four names who all passed away this year, all reportedly due to past steroid use.

Then, of course, there was the tragedy involving deceased wrestler Chris Benoit, who killed his wife and seven-year-old son before taking his own life. It is reported Benoit had an abnormal amount of testosterone in his system, as well as a lethal mix of painkillers.

On top of the Benoit tragedy, World Wrestling Entertainment (WWE) recently suspended 11 of its performers for have steroid prescriptions from the online pharmacy Signature Pharmacy, based out of Florida. Included among the names were several top stars for the company, chiefly Randy Orton, Umaga, King Booker and Mr. Kennedy.

With all those serious signs of steroid abuse within their company, what have the WWE officials done? Given the top spots in the company to wrestlers who look a little too muscular to be natural. They do not flatly state the wrestlers have to use steroids to get to the top, but it is heavily implied in who the company decides to push and not push.

I ask why is the blatant use of steroids allowed to continue so easily. People are dying left and right, and yet little-to-nothing is done.

Ken Caminiti, a deceased baseball player who admitted to steroid abuse, died at the age of 41 due to direct complications of steroids. He tried to warn his brethren of the effects of steroid use, but they have yet to listen.

What will it take to get the world community to wake up and to take a hard stance on steroids? How many more people must die before steroids are seriously eliminated from pro sports?

I just hope it's before I read the next obituary of a deceased sports person.

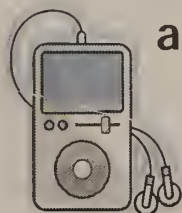
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# Condors lose a close one at home

*Women's soccer team coach says 'we had a few defensive lapses'*

By AARON O'CONNELL

One goal was the difference in a game of opportunity as the Mohawk Mountaineers defeated the Conestoga Condors 2-1 in women's soccer action on Oct. 3.

Both teams started off assertively, battling back and forth throughout the feisty first half, but it ended knotted at zero.

"We expected Mohawk to come out aggressively," Condors coach Aldo Krajcar said after the game. "After the first 10 minutes we knew we were in for a tough match."

The first half didn't see too many chances but Conestoga had the best one on a breakaway with the

strike just catching a piece of the Mohawk goalkeeper's hand.

The second half started off like the first. The play was even and full of one-on-one battles in the midfield as neither team could find the back of the net.

Midway through the second half the Condors capitalized on a 2 on 0 when Renee Blanchard directed a perfect pass into the back of the Mountaineers' net.

With the momentum on their side, Conestoga began to control the play, pressing in the Mohawk end, but were unable to capitalize on any more chances.

Mohawk came right back with some pressure of their own and tied the game at one during a

scramble in front of the Condors' net.

Just minutes later the Mountaineers pulled ahead on a rebound goal and they never looked back.

"We had a few defensive lapses, not from our back four but from our midfielders and they capitalized on their chances," Krajcar said.

He added, "I give credit to our girls. They played hard, we had three or four breakaways in the game, but only capitalized on one."

With the loss, the Condors now have a record of 1-3-1 as of Oct. 8 while the Mountaineers moved into third place in the West with a record of 3-1-0.



(Photo by Aaron O'Connell)

A Condor battles for the ball during a game against Mohawk Oct. 3.

## Fastball team's wings get clipped

By JOSHUA KHAN

The power of the Durham Lords was too much for the Conestoga women's fastball team, as their record dropped to 6-3 after a bitter 11-1 loss at home on Oct. 4.

Durham got off to a hot start in the first four innings, as pitcher Danielle Smith went 2-for-2 at bat, driving in two runs and generating five RBIs.

But the all-round pitcher also



**Durham-11, Conestoga-1**

held her ground on the mound, giving up one run and striking out five Condors.

Condors' pitcher Laura Matheson

struggled on the mound, and after three stressful innings, it was time for her to call it a day.

Despite giving up runs, Matheson wasn't the only player having an off day, as Conestoga's fielders also couldn't put it together.

Head coach Fawn Day said it all came down to the opposing team.

"Our fielders have to be on their toes at all times because Durham hits with power," she said.

Even with great chemistry, the

Condors, like any other team in sports, still have areas they can improve on.

"When it comes to offence, we have to start hitting in the first inning," said Day. "Not the fifth inning."

As of Oct. 4, the Condors are tied atop the Ontario College Athletics Association standings with a 6-3 record (although they have played more games than the rest of the colleges), and will make the playoffs.



(Photo by Joshua Khan)

A Condor gives it her all.



Wash it down with





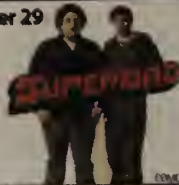
# MONDAY MOVIES

October 15

Harry Potter

October 22

October 29



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